WINDSOR LOCKS SENIOR CENTER MISSION STATEMENT

The Windsor Locks Senior Center provides a focal point for services, activities and benefits to all older residents of Windsor Locks. Our mission is to provide the environment and resources necessary to enhance the quality of life for all senior citizens of Windsor Locks.

The Center serves as a central meeting place for social, health related, educational, cultural and recreational activities.

Activities include arts and crafts, bingo, Wii bowling, cards, quilting, painting, scrapbooking, cribbage and trivia.

Fitness programs consist of access to the L.O.C.K.S. Fitness Center as well as exercise classes including Tai Chi, Water Fitness, Aerobics, Chair Aerobics, Zumba Gold and Chair Yoga.

Health related programs include foot care clinics, blood pressure clinics; flu shot clinics, as well as health and wellness seminars.

The Senior Center also provides mutual support networks holding insurance and Medicare workshops, AARP Tax assistance, AARP Safe Driver courses, as well as monthly "Ask the Lawyer" legal assistance programs and financial advice with accountants and local bank representatives.

The Senior Center participates in the Elderly Nutrition Program. Lunch served daily, Monday through Friday. The Center is a 'Meals on Wheels' site which provides meals seven days a week to homebound seniors within the Town of Windsor Locks.